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NEW SERVICE
HELPS SENIORS
GET AROUND** {page 2}

OTTAWA

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Wednesday,
August 10, 2011
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'It could happen in Ottawa'

► City needs to deter crime driven by social media, by making arrests in local swarmings and 'flashrobs': Officer

DAN KITWOOD/GETTY IMAGES



**JESSICA
SMITH**
@METRONEWS.CA

An Ottawa police officer who investigates the use of technology and social media in crime says he's been keeping an eye on the riots in Britain.

"Obviously, if it could happen in London, it could happen in Ottawa," said Insp. Don Sweet yesterday evening. Around the same time, 16,000 police were flooding the streets of London preparing for a fourth night of rioting.

However, Sweet doesn't see riots breaking out in Ottawa tomorrow.

"London's level of violence is a little bit bigger than we see in North America, when you look at their hooliganism and soccer games," he said. "And right now, Ottawa's a pretty stable city and economically, fortunately, our city and country have done pretty well."

Sweet is investigating the so-called "flashrob" at an Ottawa convenience store that occurred July 16.

Like the riots in Britain, there's speculation that the

people who wanted to cause damage and loot en masse organized through social media and instant messaging. But unlike the riots in Britain, the incident was small, isolated and non-violent.

Sweet said the technology is making it easier for people with criminal intent to organize — on a small scale or a large one.

"Quite honestly, there's not a lot we can do if a lot of dedicated people want to instantly message each other and go damage something and do a robbery," he said.

"In a perfect world, you'd like to get on top of this and monitor it, but we're not going to push civil rights to where police are going to monitor everyone's Twitter account or Facebook page," he said.

However, police are working on the problem in ways that Sweet said he's "not at liberty to get into."

"We will do various things for counter-intelligence. We're trying to do other strategies where we're trying to get that information as it's coming out," he said.



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1 news



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On the web at metronews.ca



Amid the havoc being played out on stock markets, a glimmer of hope could lie in lower interest rates and lower gas prices. Video at metronews.ca

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Psst! Seniors, need a ride?

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STEVE COLLINS
OTTAWA@METRONews.CA

There's a new option for seniors in Ottawa who need help getting around.

Jana Mitchell, a 27-year-old entrepreneur, recently launched Wheels for the Wise, a service for seniors who need someone to drive them to appointments, errands and social engagements, and stick around to help once they get there.

Her idea for a driver-companion service for Ottawa seniors began close to home.

"My grandmother was diagnosed with Alzheimer's about seven years ago," she said, "And just seeing the impact that that had on my immediate family in terms of the added responsibility, specifically with transportation, that was inspiring to me."

The service only has a

"It creates a sense of familiarity and comfort. ... If you're going to a stressful doctor's appointment, it's more like you're going with a friend." JANA MITCHELL, OWNER, WHEELS FOR THE WISE

handful of regular clients now, said Mitchell. She's hoping to provide services to more people who have dementia and don't necessarily fit with the city's Para Transpo program.

The Wheels for the Wise drivers are trained to help clients with physical and mental disabilities and are seniors themselves. One, Lloyd Flood, is a retired civil servant who gives his age as "about 60."

"If you like people, you like this job," he said, "And it's really caring for seniors."



► Lloyd Flood and Jana Mitchell pose with one of the Wheels for the Wise cars.

Bus driver gets slap on wrist for writing at wheel

The bus driver who filled out paperwork for about a minute as he drove through Gatineau last month won't be fired, a spokesperson for Société de transport de l'Outaouais said yesterday.

"A disciplinary measure will be taken," said Céline Gauthier, head of public affairs. "The bus driver will be informed about it and it will be applied."

The driver can be seen filling out paperwork



► STO bus driver fills out paperwork as he drives.

while driving at what appears to be a quick speed

through Gatineau. His hands are off of the wheel for most of the video while he writes on the papers, on top of a leather folio, which rests against the wheel.

"We will not compromise the safety of our customers," said Gauthier.

The driver has a good record and this is the first time he has been caught doing something like this, she said.

► JESSICA SMITH

News in brief

Unmarked cruiser in crash

INNES ROAD. A 62-year-old woman and a male police officer were sent to hospital with non-life-threatening injuries after their cars collided at the intersection of Innes Road and Page Road at 2:50 p.m. yesterday. The male officer was driving an unmarked police car at the time of the incident.

The eastbound lanes of Innes Road are closed between Page Road and

Orleans Boulevard while police continue their investigation. ► JOE LOFARO

Hospital gets \$10.62M from province

OPERATING FUNDS. The Queensway Carleton Hospital received \$10.62 million in additional operating funding from the province, MPP Bob Chiarelli announced yesterday. The money will help the hospital significantly expand inpatient and outpatient surgical services and hopefully reduce wait times, said hospital officials. ► JOE LOFARO

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► Metro compares two recent, chaotic outbursts in major cities

TEXT: TERRIS SCHNEIDER IN VANCOUVER

A tale of two city riots

Vancouver

How it started:

Sparked after the Canucks' 4-0 loss to the Boston Bruins in the Stanley Cup final.

Social media:

Twitter and Facebook were two of the tools used to identify and shame rioters.

Size and scope:

The crowd of around 100,000 was three times as large as the crowd that rioted following the 1994 Stanley Cup final. The riot was contained in the downtown core.

Resolution:

Police were able to quell the Stanley Cup riot after about three hours, but footage of burning cars and smashed windows drew attention from around the world.

London

How it started:

Riots broke out in North London after a march to protest the fatal shooting of Mark Duggan, a father of four, turned violent.

Social media:

Initially, Twitter and BlackBerry use were being blamed for inciting violence and looting.

Size and scope:

A march of 200 people in Tottenham turned violent and spread to other London neighbourhoods. Over the next three days, the chaos also spread to other cities like Liverpool.

Resolution:

None yet. For civic leaders and Olympic organizers, the violence is an unwelcome reminder of London's volatility less than a year before the city hosts the 2012 Games.

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FIGHT THE SIGNS OF AGING — WITH ACTION

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Diana Nyad, you rock.

Mick Jagger, you also rock, if for slightly different reasons.

Diana Nyad rocks because, at an age when other people are adjusting their Depends, she attempts to swim from Cuba to Key West in shark-infested waters.

OK, she only got halfway yesterday before they pulled her out of the water, but she spent 29 hours in the Caribbean and was blown 24 kilometres off course. A lot

of people have trouble getting out of the bathtub at 61.

I love what she said before she set out: "I think this is the prime. When one reaches this age, you still have a body that's strong but now you have a better mind."

Meanwhile, Sir Mick is rocking the charts with relevant new music when other people his age have the dial permanently stuck on 1967.

"We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our 'prime' start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess."

That was a very good year, but come on. We can't go to the mall or the supermarket without being tossed back kicking and screaming into 1967, but Mick and his new BFFs have nailed a perfect blend of reggae, hip hop and soul to rescue the beach blanket bingo from Katy Perry.

As part of a supergroup called Superheavy, the world's oldest Stone joins the world's youngest — Joss Stone — along with Damian, he of the next generation of Marleys, and Dave Stewart, another old person with young ideas — he turns 59 next month.

So who cares? Why bother with geezers, even if they are a notch up from the norm on the spry scale?

Because they are choosing to die young as late as they can. Life's candle is brief enough, but for some reason we choose to snuff it out prematurely. We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our "prime" start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess.

Yep, parts fall off, but that's no reason to give up. You don't have to swim the whole Caribbean or crack the Billboard Hot 100 (although there is a tune called Moves Like Jagger by Maroon 5 and Christina Aguilera at number 25 with a bullet on the Hot 100), but how much better is life when you put it all out there?

Diana Nyad and Mick Jagger prove there is life after 30, 40, 50 or 60. Or until there isn't.

Then, and only then, will I stop trying to get out of the tub.

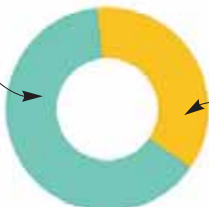
Read more of Paul Sullivan's columns at metronews.ca/justsaying



Register at metropolitanpanel.ca and take the quick poll

Do friends with benefits ever work?

63%
NO, SOMEONE ALWAYS GETS HURT



36%
YES, AS LONG AS THE TERMS ARE UNDERSTOOD

Worth mentioning

THINKING ABOUT THINKING.

Scientists who hunt for "intelligence genes" used to think there were fewer than half a dozen of them.

In recent years, they determined there may be at least 1,000 — each with just a tiny effect on the differences in people's IQ. A study released yesterday found new evidence that many genes play a role in intelligence, but scientists still couldn't pinpoint the specific genes involved.

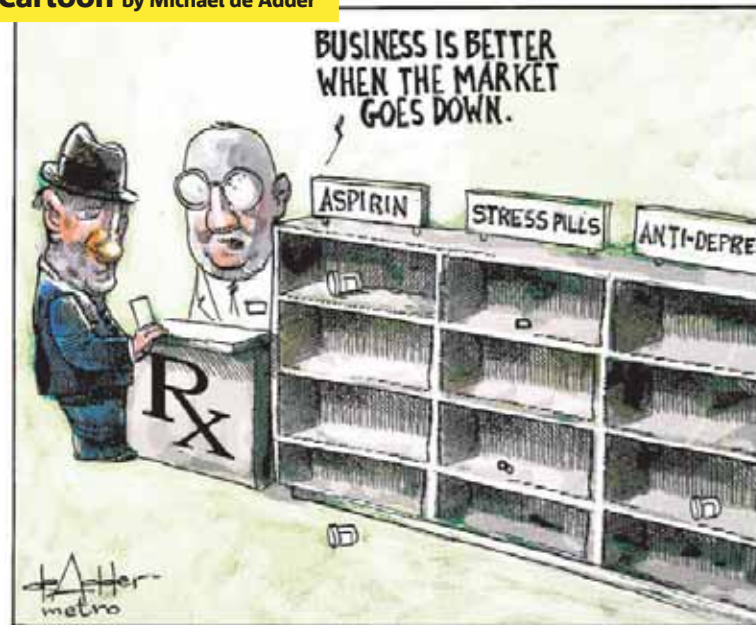
"We can't find the effects of any individual genes that are large enough to seem worth worrying about," said psychologist Eric Turkheimer at the University of Virginia.

The new DNA study, reported in the journal Molecular Psychiatry, found many genes work together to shape intelligence much like the different instruments of an orchestra that play in sync.

As important as genes are in determining intelligence, they don't act alone, and the role of one's upbringing and experiences cannot be ignored.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Semen-spiked water proves a pricey prank

A U.S. man convicted of ejaculating into a co-worker's water bottle has been ordered to pay the woman more than \$27,000 US.

The Los Angeles Times says a judge on Monday ordered Michael Kevin Lallana to pay the woman for loss of wages, therapy and medical expenses.

Lallana was convicted earlier this year of two misdemeanor counts of battery.

Prosecutors say Lallana deposited his semen twice last year in the water bottle of a co-worker at Northwestern Mutual Mortgage Co. in Newport Beach, Calif.

The woman drank from the bottle both times, throwing the first one away after detecting a foul taste.

The second time she sent the bottle to a lab for testing.

Lallana was arrested in July 2010 and his DNA was later matched to the water bottle.

THE ASSOCIATED PRESS

Market bounces back as Fed reacts





► U.S. Federal Reserve vows to keep interest rates near zero ► But worries remain about Europe, U.S.

The Toronto stock market surged 438.3 points to 12,109.26 yesterday as investors bought up stocks across all sectors that had been beaten down in price during a series of plunges that brought the TSX to its lowest level in a year.

The rally occurred even as the U.S. Federal Reserve acknowledged the U.S. economy is weaker than it had thought. The Fed said yesterday that it is keeping interest rates near zero and expects to keep them low through mid-2013.

The main Toronto index has fallen sharply over the past two weeks, losing almost nine per cent in just

Market moment

TSX	Dollar
	
+ 438.3 (12,109.26)	+ 1.24¢ (102.16¢ US)
Oil	Natural gas 1,000 cu ft
	
- \$2.01 (\$79.30 US)	\$3.994 US (+ 5.9¢) Gold contract \$1,743 US (+ \$29.80)

the last three sessions, reflecting worries about Europe's debt crisis and the

U.S. going back into recession.

"Europe is the biggest concern," said Jim Muir, director at Fraser Mackenzie, pointing out that at least the U.S. has the will to dig itself out of its problems.

"And I'm not sure that even with the will you could solve Europe's problems. What happens to their banking system when, not if, Greece goes lights out and gives everyone a haircut on the paper they're holding? Then what happens after that because there are other countries that are in not much better shape than Greece?" **THE CANADIAN PRESS**

Oil. Tumbles



► Traders work the crude oil options pit yesterday at the New York Mercantile Exchange.

MARY ALTAFFER/THE ASSOCIATED PRESS

Traders get a crude awakening

Oil prices in Europe fell to their lowest in almost a year yesterday amid a global sell-off of equities and commodities triggered by investor fears of a looming U.S. recession. But OPEC — the Organization of the Petroleum Exporting Countries — said yesterday that world demand for oil will grow this year and next despite signs that the tepid international economic recovery is running out of steam.

Investors eyeing German economy

The fear that has gripped Europe's sovereign debt market took root in its stock markets yesterday as investors worried about uncertain growth prospects for some of the

continent's biggest companies. Germany's stock market was down for the 10th day and new data from Europe's largest economy showed that export growth — a closely watched economic indicator — is slowing down. Germany enjoyed stellar growth last year and early this year. But if the current stock market sell-off continues, this could hamper. **THE ASSOCIATED PRESS**

Loonie rises amid overall decline

The dollar gained 1.24 cents to 102.16 cents US yesterday after slipping as low as 99.95 cents US. But over the past two weeks the loonie has lost about five cents, as traders have sought safety in U.S. Treasury bills. **THE CANADIAN PRESS**


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2

scene

News in brief



Anne Hathaway is one Hollywood star who's wearing her age like a badge of honour. "I find the passing of time very liberating," says the actress, who turns 29 in November.
THE ASSOCIATED PRESS



Hong Kong director Johnnie To's *Life Without Principle* joins 22 films vying for Golden Lion



► Emma Bell as Molly, left, Nicholas D'Agosto as Sam and Miles Fisher as Peter star in New Line Cinema's horror film Final Destination 5.

Resuscitating the Final Destination franchise

- Original movie balanced 'humour and dark portent' with groups of people who cheated death
- Can a new director and 3D imaging breathe life into Final Destination 5? Metro investigates



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METRO WORLD NEWS IN HOLLYWOOD

The folks behind Final Destination 5 want you to see their movie, but they understand if your faith in the franchise is a little shaken. "We wanted to say to everybody, 'This is a serious movie that we took seriously. It's well-made and it is not what you would expect,

given the last two or three movies in the franchise,'" Perry says.

The incredibly candid producer admits the franchise — about groups of people who cheat death only to have the grim reaper catch up with them in increasingly inventive ways — lost its way somewhat on the way to No. 5.

"I think we had lost what made the original special,"

he says. "The first one was able to handle that balance between humour and dark portent, and some of the subsequent ones, we went so far into making it over the top that it actually became distancing."

To help solve that issue, Perry and company brought in a new director, Steven Quale. "Steve made this one grounded and palpable and real," Perry says.

Quale proved the right man for the job for getting past what didn't work about the previous films.

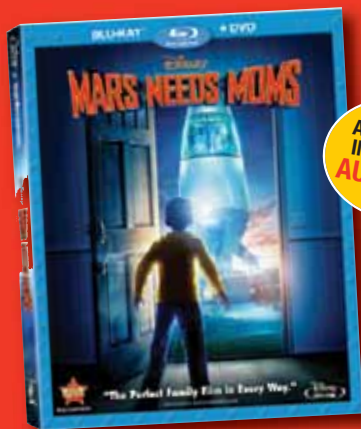
"I don't like the word camp," he says. "I am one that really hates that kind of stuff. I mean, a fun movie like Austin Powers is great, but that's what it is. It's a parody. And I didn't want that to happen to this movie. And I thought some of the earlier movies may

have been going in a direction that I don't like."

And while Quale's directing resumé isn't terribly long, his technical savvy came in extremely handy, since Final Destination 5 was shot in 3D.

"Having directed the second unit and done some visual effects for Avatar, I have years of experience working in the 3D realm," he says.

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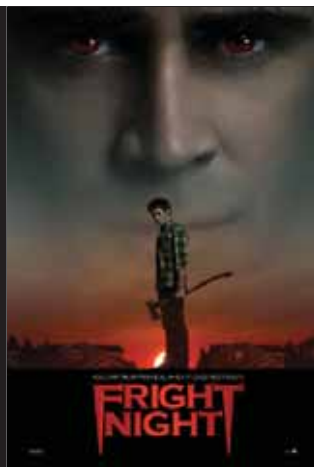


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Movie reviews

The Help

Genre: Drama
Director: Tate Taylor
Stars: Emma Stone, Viola Davis and Octavia Spencer

The Help takes place against the backdrop of a time in the South when groups like the White Citizens' Council had a storefront on Main Street. The story of a plucky young

writer (Emma Stone) and two courageous African-American maids (Viola Davis and Octavia Spencer) who write a book exposing the real lives of the domestic help is a finely acted but somewhat sanitized look at Mississippi life in 1963. Long on emotion and sincerity, to be truly effective this could have used a little more grit, but it does tell an important and heartfelt story. **● RICHARD CROUSE**



The Help. Screen times

Ottawa
Coliseum Ottawa: No Passes Wed-Thu 12-3:25-7:05-10:20
Empire 7 Cinemas: Wed-Thu 12:20-3:20-6:30-9:35
South Keys: No Passes Wed-Thu 12-3:40-7-10:10
StarCité Hull: No Passes Wed-Thu 12:30-3:35-6:45-9:50

Gloucester SilverCity: No Passes Wed-Thu 11:45-3:30-10:05
Empire Theatres Orleans
6 Cinemas: Digital, Dolby Stereo Digital Wed-Thu 12-3:15-6:45-10
Kanata 24: Special Engagement Wed-Thu 10:40-2-5:10-8:20

A VISION OF PREMONITIONS

IN FOCUS

RICHARD CROUSE
SCENE@METRONWS.CA



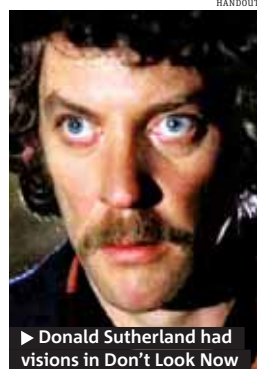
In 2000, when the first Final Destination movie was released, no one could have predicted the success of the horror franchise. No one that is, except for maybe Devon Sawa, the Canadian born actor who played Alex Browning, the film's character gifted with second sight.

At the bloody heart of each of these gory horror movies is a character with premonitions of the future. Usually he or she has forewarning that all his/her good looking friends will die in the most terrible way imaginable. When the vision comes true — usually preceded by the tell tale line, "Something's wrong!" — whoever survives ends up dying anyway, in increasingly complicated ways. With Final Destination 5 opening this weekend it seemed like an appropriate time to look back at other movie characters that have had creepy visions.

In The Gift, the movie Sam Raimi directed just before spinning the web for Spider-Man 1, 2 and 3, Cate Blanchett plays a psychic who helps the police locate a missing girl.

Billy Bob Thornton, Blanchett's co-star and the movie's screenwriter, based the character on his mother, Virginia Thornton Faulkner.

Like the character in the movie the psychic Mrs. Faulkner was a widow who raised three boys and used her extra sensory ability to



► Donald Sutherland had visions in Don't Look Now

make extra money.

In the hauntingly surreal Don't Look Now, John Baxter (Donald Sutherland in a curly wig) has a premonition that something awful is about to happen to his daughter. Sure enough, seconds later she falls in a pond and drowns.

Later in Venice, John and his wife (Julie Christie) meet an elderly psychic who claims to see apparitions of the dead daughter, which triggers John's own otherworldly visions.

Adapted from a short story by Daphne Du Maurier the psychic thriller has become a cult classic since its release in 1973, inspiring filmmakers like Danny Boyle, who cites it as one of his favourite movies and E=MC2 a Top Twenty hit by Big Audio Dynamite.

Finally, some call these premonitions ESP, others, like author Stephen King, call them The Shining.

In King's novel, Stanley Kubrick's film and the television movie of the same name, both Danny Torrance, the telepathic son of the remote Overlook Hotel and chef Dick Hallorann (Scatman Crothers) have visions and premonitions.

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► Sam Worthington

Taking time off

After making 10 films in four years, Sam Worthington is looking for some time off from acting.

"I haven't taken a break in four years. It's been a nomadic existence," Worthington tells Men's Health. "Now it's time to enjoy the fruits of my labor for a little bit — but I don't think I'll be gone for long."

Besides, the Australian

actor is more concerned with his ongoing journey of self-discovery.

"They say that in your 20s you're trying to work out the man that you want to be, and in your 30s you discover who he is," Worthington says. "And warped and all, beer gut and all, brain damage and all, you just kind of go, 'Well, this is it, and I might as well try.'" **METRO**

Celebrity tweets



"Midnight in Ibiza, just now on our way to dinner. The night has just begun..."
@ParisHilton



"Terrific. Now, instead of blocks, all the twins are waiting for their birthday is a megayacht."
@ActuallyNPH



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The wet and wild clubs of Las Vegas

3
life


DON'T

- ▶ Underestimate the sun. You are in the desert, after all.
- ▶ Expect to work on your fitness. These pools aren't meant for laps.

DO

- ▶ Drink plenty of water, particularly if you start with mojitos at 11 a.m.
- ▶ Bring your ID to get into the day clubs.

▶ Rehab at The Hard Rock is known for its Sunday pool parties.

► A new breed of tourist is heading to Las Vegas, and not for the casinos, poolside is where the action is these days ► Here are some of the hottest pool parties and day clubs

NIKKI BEACH CLUB, TROPICANA

THE POOL: With its signature South Beach-inspired all-white design, this is one of the newest party pools on the Strip, complete with teepee-shaped cabanas, opium beds and swim-up blackjack tables.

THE SCENE: The place to see and be seen, this beach club is known for weekly events hosted by celebrities and international "dueling" DJs — not to mention a tradition of spraying champagne on people in the pool.

MOOREA BEACH CLUB, MANDALAY BAY

THE POOL: With a St. Tropez vibe and Tahitian styling, this beach club offers a private pool and lounge area, infinity whirlpool and poolside massages.

THE SCENE: This upscale, sophisticated day club offers views of Mandalay Beach, with its enormous wave pool, 2,700 tons of real sand and concert stage. Moorea is where you'll find bronzed, sculpted singles.



Ke\$ha has partied at the Moorea Beach Club.

MARQUEE DAY CLUB, COSMOPOLITAN

THE POOL: Part of the TAO Group, this day club has panoramic views of the Strip and is connected to the nightclub to bring the party from day to night.

THE SCENE: If you're looking for over-the-top luxury, rent a Grand Cabana with its own infinity pool, or a three-story bungalow with living quarters and a party deck. The Marquee is known for its music and has international house DJs in residence.

REHAB, THE HARD ROCK

THE POOL: This complex of pools includes a white-sand beach, planted palms, and poolside blackjack tables, as well as luxury cabanas.

THE SCENE: Rehab is known for its Sunday pool parties, where late-night clubbers "detox" from a night out on the Strip to the grooves of resident DJs. This party can draw hundreds and lineups start early.

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Northumberland calls

► With a winery, spa, plenty of hiking trails and fishing, there's something for everyone in this rustic region



GIZELLE LAU
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With just a handful of weekends left to enjoy all that summer has to offer (not to mention a nice long Labour Day weekend!), it's time to get outdoors to savour it all.

Just 2.5 hours east from Toronto by car, Ontario's Northumberland region beckons for just such an adventure — to experience all the fun, outdoorsy stuff childhoods are made of — intermingled with a few of the luxuries best enjoyed as an adult.

Located on a secluded inlet of the Trent River, the Windswept on the Trent B&B offers cottage-style accommodations with a twist.

Families will enjoy stay-



► Enjoy a sophisticated meal at Oak Heights Estate Winery.

ing in the inn's three-bedroom wooden water tower, originally built in the

'40s, overlooking the river. Couples, on the other

hand, will enjoy the barn-loft style accommodations of the Coach House, where



► Ste. Anne's spa is a great place to relax.

large red doors sweep out onto a balcony looking down onto the water, an alcove with a stand-alone bathtub and a plush bed create a true country-chic experience.

For more family fun, visit Century Game Park near Warkworth; a bison and elk farm that's educational, delicious and offers one of the best views of the county.

Learn about the history of bison in Canada, taste some of the local produce including bison sausage paired with cheese by local cheese maker Empire Cheese, while overlooking Trent Hills (best experienced at sunset) and getting up close and personal with the farm's bison and elk.

If you enjoy hiking, Northumberland offers plenty of trails.

Best experienced in seasons bordering summer — late spring or early fall — the stretch of the Trans Canada Trail in Northumberland begins in Hastings and stretches 22km along the Trent River, through vast meadows, forest and marshland towards Campbellford.

As one of the most popular outdoor destinations near Toronto, Rice Lake not only offers great water sports but is a premiere fishing destination.

John "Sedge" Sedgwick has been offering guided fishing tours with Let's

Other sites

- **Church-Key Brewing Co.** located in an 1878 Methodist Church outside Campbellford, visit here for a tour or to pick up some handcrafted ales for home. Oak Heights Estate Winery for a light, sophisticated meal on the winery's patio overlooking the vineyard, glass of wine in hand.
- **Oak Heights Estate Winery** is a great place for a light, sophisticated meal on the winery's patio overlooking the patio. The view is even better with a glass of wine in hand.
- **Ste. Anne's Spa** Come for a spa treatment and stay for the three-course lunch.

Fish Guiding for the past 12 years.

One of the most honest men you'll ever meet, he welcomes locals and visitors, beginners and experts on four or eight hour tours of Rice Lake and Seymour Lakes — both which he knows like the back of his hand.

Be it muskie, pickerel or small and large mouth bass, kids and adults alike will re-live the joy and excitement of feeling that tug on the line!

For more information and to plan a visit, go to northumberlandcounty.ca.

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If California sun and great wine is your thing, Napa Valley is the place where they meet in perfect harmony.

Inspired by the vino-drenched movie *Sideways*, which showcased Napa in all its glory, I couldn't wait to get there and start tasting the nectar of the gods.

Even with all the hype surrounding Napa in recent years, it remains a largely quiet, scenic and even laid back place.

One of the more unique



ALL PHOTOS DEREKSEY/FLICKR

► The vineyards at Francis Ford Coppola's winery.

and classy experiences in the region has to be cave dining at Rutherford Hill Winery. After entering the candlelit wine aging caves, I was treated to a veritable feast, complete with fancy linens and crystal stemware

to sample the wines, no less. Rutherford also allows the novice like myself to play winemaker for a day and blend your own merlot. Of course, guzzling it was the best part.

Perhaps the most fa-

mous winery in Napa is the Francis Ford Coppola Winery, started by the famous movie mogul turned grape master. Located on a scenic hill surrounded by vineyards, there is more than you might expect



► Francis Ford Coppola's winery.

here. Not only are exclusive and popular Coppola wines on hand for sampling (and believe me, I sampled), there is even a touch of Hollywood in the form of a museum featuring props, costumes and memorabilia celebrating the owners iconic movies.

A whole wall is dedicated to *Apocalypse Now*, featuring Dennis Hopper's outfit, and Robert Duval's Calvary hat. Another area

features a re-creation of a Lake Tahoe scene from *Godfather 2*. You get the idea. A display case even features a row of Coppola's personal Oscars that he received for just one film. Somehow all of this Hollywood memorabilia seemed even more fascinating following a taste or two of Coppola wine.

Maybe that's the gimmick. Napa may still be small and intimate, but it's big on cool ambiance.



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INCLUDES central accom with breakfast.
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Savour the sweet sounds of summer

► Enjoy Carillon Concerts weekdays on Parliament Hill ► Or check out Capital Hoedown country music festival



**PAULINE
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Summer might be winding down, but there are still lots of exciting and fun activities to keep you and your family busy. Here are some of the best ways to savour the last weeks of the sunny outdoors.

PARLIAMENT HILL

Visit Parliament Hill and listen to the beautiful sounds of the Carillon Concerts every weekday in August from 11 a.m. until noon. Played by the dominion carillonneur, Dr. Andrea McCrady, the sweet sounds of the Peace Tower Carillon can be heard within a few blocks of Parliament Hill. This gigantic, manually played tower of 53 bells is a sight — and a sound — to behold.

Make a point of being at

the concert on a Wednesday so you can participate afterwards in an outdoor yoga class on the stately lawn of Parliament Hill. Led by instructors from Lululemon Athletica, the classes begin at noon every Wednesday.

Check out parl.gc.ca/Visitors for these and other events on Parliament Hill.

CAPITAL HOEDOWN

Country music fans take note: Capital Hoedown, North America's largest country music festival, runs from Aug. 11 to 13 at LeBreton Flats Park.

In its second year, this festival of "pure country" has an impressive list of headliners, including Kenny Chesney, Carrie Underwood, Miranda Lambert, Rascal Flatts, Doc Walker, Sara Evans, Billy Currington, Easton Corbin, Tara

Oram, Justin Moore, Jason Blaine and The Keats.

Three-day general admission passes are \$175, and single-day tickets are \$75. Special three-day VIP passes are available for \$250 (while they last). You can purchase passes online at capitaltickets.ca or by calling 877-788-3267. For more, see capitalhoedown.net/en.

SUMMER FLING

To really soak in the last few days of the hot weather, have a summer affair with Ottawa's theatre community at the Downtown Rideau's Summer Fling Theatrical Affair. But hurry; performances run only until Aug. 27. This theatrical experience showcases all manner of performing arts, including drama, improv and, for the first time, dance and live music.



► Free yoga classes take place Wednesdays on Parliament Hill.

Don't fret if you missed this year's Ottawa Fringe Festival since Summer Fling will also present some of the highlights, including Roller Derby Saved My Soul and Playing for Advantage. This year features performances by the Salamander Shakespeare Company, the Ottawa Dance Directive, and other

acts. Check out downtown-rideau.com for more.

NAVAN FAIR

For those seeking some country-style adventure this weekend (Aug. 11-14), take a short jaunt to Navan (a former village now within the Ottawa city limits) for the annual Navan Fair.

Since 1945, this agricul-

tural fair has been serving the community its fair share of fun. This year's event comes complete with a demolition derby, a mechanical bull riding contest (both Aug. 11), horse shows, tractor and truck pulls, animal shows and expos, and lots of concert entertainment. See navanfair.com for more.

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Taste watermelon's savoury side

While the fruit is normally eaten sliced, the right ingredients can make it the star of appetizers and snacks

Drink of the week Watermelon-Grape Fizz

The effervescence of the sparkling water gives the natural watermelon and grape flavours a delightful kick.

- 250 ml (1 cup) seedless watermelon puree
- 50 ml (1/4 cup) grape juice
- 175 ml (3/4 cup) sparkling water
- Crushed ice, to taste

In oversized tumbler, mix watermelon puree and grape juice. Add sparkling water and ice. Stir for a few seconds to ensure drink is blended. Serve.

THE CANADIAN PRESS/
WATERMELON.ORG

Nothing beats biting into a wedge of refreshing watermelon when the temperature is soaring.

It contains an antioxidant known as lycopene, which gives it its deep pink colour, as well as vitamins A and C. Plus it's low in calories and has no fat, sodium or cholesterol. "What's interesting about lycopene is we usually hear about it in relation to tomatoes, but watermelon is actually the lycopene leader among fresh produce. It has almost double the amount of lycopene on a cup-per-cup basis when compared with raw tomatoes," says registered dietitian Cara Rosenbloom.

Most of the research on the anti-cancer properties of lycopene have focused on prostate cancer, said Rosenbloom.

Watermelon Havarti Stacks with Dilled Ranch and Grilled Chicken

The creaminess of havarti cheese mixed with fresh dill and savoury ranch dressing balances the sweetness of the watermelon, delivering a petite yet satisfying option.

Preparation:

- 1 Place one round of watermelon in centre of each of 4 serving plates. Trim cheese into same

size circle as watermelon and place one cheese round on each of the four plated slices of watermelon. Top with another piece of watermelon and cheese.

- 2 Clump chicken in even portions on top of watermelon cheese stacks. Stir fresh dill into dressing. Garnish watermelon chicken stacks with dressing. **THE CANADIAN PRESS/ ALL RECIPES NATIONAL WATERMELON PROMOTION BOARD (WATERMELON.ORG)**

Ingredients:

- 8 circles seedless watermelon (each 2.5 cm thick by 10 cm diameter/1 inch thick by 4 inch diameter)
- 8 slices havarti cheese
- 6 grilled chicken breast halves, cooled and julienned across grain
- 5 ml (1 tsp) minced fresh dill, stems removed and discarded
- 250 ml (1 cup) natural low-fat ranch dressing



► This recipe serves four.

Carrot, Pistachio and Watermelon Salad

This salad contains olive oil, which helps boost the effect of the lycopene in the watermelon.

It makes a delightful side dish for lunch or dinner on the patio.

Preparation:

- 1 In a bowl, whisk together blueberry vinegar, Italian herb blend, pepper and honey. Whisk olive oil into mixture in a slow stream until thickened.

- 2 In a shallow bowl or deep serving platter, layer shredded carrots, watermelon and pistachios. Pour dressing and serve.

THE CANADIAN PRESS H/O



► This recipe makes eight to 10 servings.



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Canadian employers may "rule" their own workplaces but they definitely don't rule the

courts.

Despite workplace laws favouring their legal position, many employers make mistakes that hand employees a better case. Here are some of my favourite workplace blunders.

Paying only the statutory minimum on dismissal

You can't make an agreement to pay someone

what they are already entitled to.

Employers often try anyway.

This usually leads them straight to court where judges show them little sympathy and, as in one recent case, can even award additional damages simply for having tried to take advantage of an employee's ignorance.

Probation

Employees are not automatically on probation when they start employment unless they sign an employment contract that permits termination, for any reason, during that period. Many employers misunderstand this rule and often to their detriment. Further, there is no right to unilaterally place an employee on probation after she starts work, which a recent court found was a constructive termination.

Resignations

In order to resign you must clearly and unequivocally wish to leave — and not to return.

It is not a resignation if you are asked or encouraged to leave, nor is it a resignation if you are forced to leave.

Workplace investigations

To rely on misconduct as grounds for discipline or dismissal, allegations must be thoroughly investigated by a trained and neutral party. This rarely happens. Instead, human resources managers investigate by going through the motions, often just to say that they have.

Courts routinely overturn the results of these "investigations" although, ironically, employees caught lying during the investigation will give their employers cause for dismissal when their initial behavior did not.

Not properly documenting discipline

To rely on misconduct as grounds for dismissal, demotion or even a negative performance review, courts require that progressive or corrective means should be used first.

Letters should be sent that clearly identify areas of concern, offer suggestions for recovery and, not least, set out the consequences of an inability to improve.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

Some expert advice

STUDENT VOICE

CAITLIN DOHERTY

TALENTEGG.CA



▶ Caitlin Doherty

In a world where undergraduate degrees are a dime a dozen and most industries are overflowing with over-qualified candidates,

I knew that getting a well-rounded education was a necessity. My parents also always encouraged me to go after what I loved to do and not use my education strictly as a career path.

That is how I ended up graduating from the University of Toronto with an English Specialist degree and no intention of applying my new-found education directly to a career.

Knowing I would have to

What I learned

Key take-aways from Caitlin's experience:

- ▶ Embrace your passions and try to offer specific expertise relative to your interests. This helps you stand out from the crowd and gain an edge over the thousands of other students seeking the same opportunities.

enrol in post-graduate studies and with colleges offering extensive program options, I quickly learned that there were many different career paths that piqued my interest.

After speaking with people involved in the industries I wanted to enter into, training in public relations stood out among the rest.

It offered an opportunity to work in an industry where I could combine my learned skills with my passions.

While I was focused on pursuing a career in a very specific area of PR, many of my peers were more focused on whether to go into agency, corporate or non-profit.

Few had considered if there was a specific area or particular clients they wanted to work with.

It wasn't until I started my internship and my boss

Where Caitlin is now

Currently I am working at North Strategic, the agency where I interned, as an Account Co-ordinator. I have the unique opportunity to watch as a company is built from the ground up and learn from some of the best known practitioners in the industry.

Working with clients in the areas that I am passionate about is a definite bonus.

shared her school-to-industry transition story that I realized how important being focused and knowledgeable in a specific area could be.

If you can position yourself as the go-to person in your company, you essentially become invaluable to your colleagues.

While many industries like PR will give you opportunities to work with various clients in many different industries, it is important to consider your personal brand and what you want people to know you for.

If you are passionate about technology and can become an expert in that area, there will be more opportunities for you to work with clients who interest you.

Once you establish what you are known for, you can then expand as opportunities become available. I was able to secure an internship with a notable start-up company because of my passion for cars, as their main client is well positioned in the automotive industry.

I have the opportunity to not only focus on my passion, but also delve into many of the interesting opportunities that an agency setting offers.

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When not to go back to the books

► Is the job hunt getting you down? ► Speeding back into school may not be your best for future success



Nothing makes school look rosier than unemployment.

Somewhere between months one and eight of a fruitless job search, the grass on the campus lawn can appear blindingly green. But don't confuse school for a safe haven, an ivory tower to bunker in while you ride out the recession.

"There's certainly a lot of people who have chosen to do that in this economy," Career-Builder.com advisor Allison Nawoj notes. That doesn't mean you should join the flock.

"First ask, 'Why are you thinking about going



back to school?" urges President Natascha F. Saunders of Youth Career Coaching. "If it's just, 'I

can't find a job,' that's not good enough. You're spending so much time learning new curriculum

that you're going to be frustrated if it's not truly a desire for you to get those additional skills."

Before you scoop out a second Stafford loan to cover two years' tuition, "take a few courses to test something out," Nawoj encourages. "There's all kinds of continuing education and evening courses offered at universities," she adds.

"Instead of enrolling at a formal program, that's a great way to get your feet wet and see if it's something you want to pursue."

If so, consider your spending habits—can you afford more university?—and your study habits: are you emotionally ready?

"People forget how you fall out of study mode," Saunders stresses. "When you've been away for a long period of time, it's hard to get started." "But

if you feel like you're in that zone, ready to hit the books, then go for it," she adds.

Timing

At some point, you'll likely need a master's degree, Saunders says. The killer question is when.

"Find some key people in that particular sector and interview them: do they have an advanced degree and if so, when did they get it?" Saunders suggests.

"See some data, some facts, what is the norm, before you jump right into it. Map it out." "It's about planning ahead," Nawoj concludes.

"It certainly isn't, 'I don't know what I want to do, I just want to go back to grad school.'"

Career Education

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4
sports

Quoted



"Celine made me and all my thug friends cry with the French song!!!! She cried !!! Wow!!!! She hugged me !! I got chills!!"

RON ARTEST, THE LOS ANGELES LAKERS FORWARD ATTENDED ONE OF CELINE DION'S PERFORMANCES IN LAS VEGAS OVER THE WEEKEND AND WENT ON A TWEETING SPREE AFTERWARD, PROCLAIMING THAT THE SHOW WAS "CRAZY DOPE."



Scan code for more sports news.

Murray's title reign: C'est fini

MATTHEW STOCKMAN/GETTY IMAGES

► World No. 4 bows out in first round in Montreal ► B.C.'s Pospisil defeats Chela to set up match with Federer

The two-time defending Rogers Cup men's champion is heading home early from this year's tournament.

Britain's Andy Murray crashed out in stunning fashion in Montreal yesterday, falling 6-3, 6-1 in the second round to Kevin Anderson.

Murray is the tournament's first defending champion to lose an opening match since Marat Safin was knocked out in 2001.

Meanwhile, Canada's Vasek Pospisil advanced to the second round with a 4-6, 6-3, 6-4 win over Argentina's Juan Ignacio Chela.

The 155th-ranked player from Vernon, B.C., will take on Roger Federer in the next round. The Swiss master lost last year's final to Murray and is ranked third in the world and third at this year's tournament.

There will be no rematch this year.

"I've always played very well here and today I couldn't get anything going," Murray said. "I started both sets really, really badly,

which doesn't help against someone who serves like Kevin."

The six-foot-eight Anderson is ranked 35th in the world and had only ever beaten one top-10 player going into the match — Novak Djokovic in 2008.

Anderson landed 65 per cent of his first serves and had five aces at Uniprix Stadium.

"(It was) not exactly what I was expecting," Anderson said of Murray's performance.

"And at the same time I think ... the way I played, the way I served today — I think I did make it pretty tough for him."

Murray won the 2009 Rogers Cup in Montreal and successfully defended his title last year in Toronto.

His head dropped and his shoulders slumped after he drove a game-point shot right into the middle of the net to put Anderson up 5-1 in the second set.

"I just felt very slow," Murray said. "The game seemed to be going so fast."

THE CANADIAN PRESS



► Andy Murray reacts to a lost point against Kevin Anderson in Montreal yesterday.

Canadian hopes



► Stephanie Dubois

Canadians Stephanie Dubois and Aleksandra Wozniak both advanced at the Rogers Cup women's tournament with first-round wins yesterday.

► Dubois, of Laval, Que., battled to a 7-6 (4), 6-1 win over German qualifier Kathrin Woerle, while Wozniak, from Blainville, Que., sailed past Israel's Shahar Peer 6-1, 6-0.

Canadians right ship against Czech Republic

Canada's men's under-18 team bounced back from a disappointing opening game at the Ivan Hlinka memorial hockey tournament by defeating the Czech Republic 6-1 yesterday.

Jarrod Maidens and

Morgan Rielly each had a goal and an assist for Canada, which opened the event Monday with a penalty-filled 5-1 loss to Sweden.

Andreas Athanasiou, Charles Hudon, Sean Monahan and Matthew Dumba

had the other goals for Canada. Pavel Sedlacek replied for the Czechs.

Canadian head coach Steve Spott said his players are starting to adjust to the style of refereeing in Europe.

THE CANADIAN PRESS

Sports in brief

Injury puts Sizemore's season in doubt

MLB. The Cleveland Indians won't have injured centre-fielder Grady Sizemore back until at least September, and there are no guarantees

he'll return this season.

Manager Manny Acta said before last night's game against Detroit that Sizemore, sidelined since July 18 with a bruised right knee, will definitely not be back this month.

The Indians originally said Sizemore would be out four to six weeks, or by Sept. 1.

Acta would not give a possible date for the 28-year-old's return.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	71	43	.623	—
New York	69	44	.611	1½
Tampa Bay	61	54	.530	10½
Toronto	58	57	.504	13½
Baltimore	44	69	.389	26½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	57	58	.496	4½
Minnesota	51	64	.443	10½
Kansas City	49	67	.422	13

WEST DIVISION

	W	L	Pct	GB
Texas	65	51	.560	—
Los Angeles	63	52	.548	1½
Oakland	52	63	.452	12½
Seattle	49	65	.430	15

Last night's results

Oakland 4 Toronto 1
Chicago White Sox 4 Baltimore 3
Detroit at Cleveland
L.A. Angels at N.Y. Yankees
Tampa Bay 4 Kansas City 0
Seattle at Texas

Monday's results

Chicago White Sox 7 Baltimore 6
Boston 8 Minnesota 6
Tampa Bay 2 Kansas City 1
Texas 9 Seattle 2

Tonight's games

Chicago White Sox (Humber 8-8) at Baltimore
(Tom.Hunter 1-2), 7:05 p.m.
Detroit (Porcello 11-6) at Cleveland (Jimenez
0-0), 7:05 p.m.

L.A. Angels (Richards 0-0) at N.Y. Yankees
(Nova 10-4), 7:05 p.m.

Oakland (G.Gonzalez 9-9) at Toronto (Alvarez
0-0), 7:07 p.m.

Kansas City (F.Paulino 1-4) at Tampa Bay
(W.Davis 8-7), 7:10 p.m.
Seattle (Vargas 6-10) at Texas (D.Holland 10-
4), 8:05 p.m.

Boston (Lester 11-5) at Minnesota (Blackburn
7-9), 8:10 p.m.

Tomorrow's games

Kansas City at Tampa Bay, 12:10 p.m.
Oakland at Toronto, 12:37 p.m.
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	75	40	.652	—
Atlanta	67	49	.578	8½
New York	57	57	.500	17½
Washington	55	59	.482	19½
Florida	55	60	.478	20

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Pittsburgh	55	59	.482	9½
Cincinnati	55	60	.478	10
Chicago	49	66	.426	16
Houston	38	77	.330	27

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	53	.543	—
Arizona	62	53	.539	½
Colorado	54	62	.466	9
Los Angeles	52	62	.456	10
San Diego	51	65	.440	12

Last night's results

Atlanta at Florida
Colorado at Cincinnati
San Diego at N.Y. Mets
Washington at Chicago Cubs
Milwaukee at St. Louis
Houston at Arizona
Philadelphia at L.A. Dodgers
Pittsburgh at San Francisco

Monday's results

Atlanta 8, Florida 5
Colorado 10, Cincinnati 7
N.Y. Mets 9, San Diego 8
Washington at Chicago, ppd., rain
Houston 9, Arizona 1
Philadelphia at L.A. Dodgers
Pittsburgh 5, San Francisco 0

Today's games

Philadelphia (Worley 8-1) at L.A. Dodgers
(Billingsley 10-9), 3:10 p.m.
Pittsburgh (Karstens 8-6) at San Francisco
(J.Sanchez 4-6), 3:45 p.m.
Atlanta (T.Hudson 11-7) at Florida
(Ani.Sanchez 6-5), 7:10 p.m.
Colorado (Millwood 0-0) at Cincinnati (Leake
9-7), 7:10 p.m.
San Diego (Harang 10-3) at N.Y. Mets (Dickey
5-10), 7:10 p.m.

Washington (Detwiler 1-1) at Chicago Cubs
(R.Lopez 2-3), 8:05 p.m.
Milwaukee (Wolf 8-8) at St. Louis (Westbrook
9-5), 8:15 p.m.

Houston (An.Rodriguez 0-4) at Arizona (Coll-
menter 6-7), 9:40 p.m.

Tomorrow's games

San Diego at N.Y. Mets, 12:10 p.m.
Colorado at Cincinnati, 12:35 p.m.
Washington at Chicago Cubs, 2:20 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Houston at Arizona, 9:40 p.m.

ATHLETICS 4, BLUE JAYS 1

Oakland	ab	r	h	bi	Toronto	ab	r	h	bi
JWeeks 2b	5	0	1	0	YEscors ss	4	0	2	0
Pngtn ss	4	1	1	0	ETHms lf	4	0	1	0
Matsui dh	4	0	0	0	Bautist rf	4	0	0	0
Wlngh lf	3	1	1	2	Lind 1b	4	0	0	0
Ckcsn 1b	4	0	0	0	Encnc dh	2	1	2	1
Deless rf	3	1	0	0	Teahen pr	0	0	0	0
KSuzuk c	4	1	2	1	Rasms cf	4	0	1	0
Sweeny cf	3	0	1	1	A.Hill 2b	4	0	0	0
SSizm 3b	3	0	0	0	Arencic c	3	0	0	0
Lawrie 3b	3	0	0	0					
Totals	33	4	6	4	Totals	32	1	6	1
Oakland					000	002	101	4	
Toronto					010	000	000	1	
DP—Oakland 1 LOB—Oakland 6, Toronto 7. 2B—E.Thames (13). HR—Willingham (18), K.Suzuki (10), Encarnacion (10).									

Oakland	IP	H	R	ER	BB	SO
Harden W-3,2	7	5	1	1	2	8
Balfour H,19	1	1	0	0	0	0
A.Bailey S,14-16	1	0	0	0	1	0
Toronto						
Cecil L,4-5	7	4	3	3	2	5
L.Perez	11-3	0	1	1	0	0
Camp	2-3	2	2	0	0	0
HBP—by Cecil (Willingham), by L.Perez (DeJesus). Umpires—Home, Doug Eddings; First, Dana DeMuthy; Second, Kerwin Danley; Third, Paul Nauert. T—2:31. A—20,521 (49,260).						

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.

Saturday's games

Chivas USA at Seattle, 4 p.m.
Real Salt Lake at Toronto, 7 p.m.
New England at Columbus, 7:30 p.m.
Vancouver at D.C. United, 7:30 p.m.
Chicago at New York, 7:30 p.m.
FC Dallas at Philadelphia, 8 p.m.
Colorado at San Jose, 10:30 p.m.

Sunday's game

Portland at Houston, 9 p.m.

CFL

WEEK SEVEN

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	6	5	1	0	152	113	10		
Montreal	6	4	2	0	195	152	8		
Hamilton	6	3	3	0	152	144	6		
Toronto	6	1	5	0	128	178	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	6	5	1	0	169	127	10		
Calgary	6	4	2	0	149	137	8		
B.C.	6	1	5	0	150	172	2		
Saskatchewan	6	1	5	0	112	184	2		

Tomorrow's game

Edmonton at Montreal, 7:30 p.m.

Friday's game

Calgary at Saskatchewan, 9 p.m.

Saturday's games

Toronto at Hamilton, 7 p.m.

Winnipeg at B.C., 10 p.m.

WEEK EIGHT

Byes: Calgary, Hamilton, Montreal, Winnipeg

Thursday, Aug. 18

Saskatchewan at Toronto, 7:30 p.m.

Friday, Aug. 19

B.C. at Edmonton, 9 p.m.

LEADERS

Unofficial CFL scoring leaders following Saturday's game (x — scored two-point convert):

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6

GOLF

WEEKEND GLANCE

PGA OF AMERICA

PGA CHAMPIONSHIP

Site: Johns Creek, Ga.

Schedule: Tomorrow-Sunday.

Television: TNT (Tomorrow-Friday, 1-7 p.m.,

Saturday-Sunday, 11 a.m.-2 p.m.) and CBS

(Saturday-Sunday, 2-7 p.m.).

Online: www.pga.com/pgachampionship

PGA Tour site: www.pgatour.com

European Tour site: www.europeantour.com

NATIONWIDE TOUR

PRICE CUTTER CHARITY CHAMPIONSHIP

Site: Springfield, Mo.

Schedule: Tomorrow-Sunday.

Television: None.

Online: www.pgatour.com

SOCCER

IIHF MEMORIAL OF IVAN HLINKA TOURNAMENT

At Breclav, Czech Republic and Piestany, Slovakia

PRELIMINARY ROUND

GROUP A									
	GP	W	T	WOTL	L	GF	GA	Pt	
Sweden	2	2	0	0	0	9	4	6	
Canada	2	1	0	0	1	7	6	3	
Czech Republic 2	1	0	0	1	4	7	3		
Switzerland	2	0	0	0	2	4	7	0	

GROUP B

	GP	W	T	WOTL	L	GF	GA	Pt
Finland	2	2	0	0	0	16	5	6
Russia	2	1	0	1	0	9	7	4
U.S.	2	0	1	1	8	10	2	
Slovakia	2	0	0	2	4	15	0	

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.

Yesterday's results

At Piestany, Slovakia

Finland 10 Slovakia 2

U.S. 5 Russia 4 (OT)

At Breclav, Czech Republic

Canada 6 Czech Republic 1

Sweden 4 Switzerland 3

Monday's results

At Piestany, Slovakia

Finland 6 U.S. 3

Russia 5 Slovakia 2

At Breclav, Czech Republic

Sweden 5 Canada 1

Czech Republic 3 Switzerland

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GUTS - GLORY



RAM

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Speed, wheels and brakes

Buick claims the Regal GS delivers zero-to-100-km/h runs in the low seven-second threshold, which is decent, but not spectacular for the 1,680-kilogram sedan.

The GS features 19- and optional 20-inch wheels. As well, it's braking has been upgraded with a four-wheel-disc package from Brembo, a company that supplies the stopping power for the world's most elite cars.

Suspension

Performance-oriented upgrading has also been bestowed upon the GS. Chief among these are special "HiPerStruts" for the front suspension that help reduce torque steer, which is the tendency for high-powered front-wheel-drive vehicles to pull to one side under hard acceleration.

The driver can choose standard, sport and extra-firm suspension settings and for a more sporting feel, the degree of power-steering boost is reduced as suspension firmness increases.

Engine

What will give this Buick its performance chops is a turbocharged 2.0-litre four-cylinder that Buick promises will deliver at least 255 horsepower and a stout 295 pound-feet of torque.

By comparison, the Regal CXL's optional 2.0-litre turbo engine produces 220 horses and 258 pound-feet of torque. Much of GS's added output comes from increased turbocharger boost pressure along with freer flowing exhaust plumping.



► The latest Regal has German origins, so outfitting it with a good engine and hardware geared for a fun driving experience is a natural extension of the platform. Hey, get used to the "new Buick."

A performance Buick? You bet



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WHEELBASE MEDIA

Buick continues to fashion a hipper image with the new Regal GS significantly enhancing the brand's stock.

The GS — short for Gran Sport, a performance label

that Buick first used back in the mid-1960s — will be added to the Regal lineup later this year, showing the world that there really can be such a thing as a performance Buick.

The new model also provides one more engine choice for its new midsize

platform. At one end of the spectrum, the 2012 Regal will be offered with a new gasoline-electric hybrid combo, called eAssist, that delivers significantly enhanced fuel economy. At the other end, the new GS comes with an enhanced-output turbocharged four-

cylinder engine and matching performance/luxury content to challenge similar mid-size sedans from Europe and Japan.

Just as General Motors' Cadillac division is changing its image with the high-output CTS-V coupe and sedan, the GS will undoubtedly

challenge the public's perceptions about Buick, which has traditionally catered to older drivers who cared very little about acceleration, road holding and steering and stopping performance.

Actually, Buick has a head start since the Regal sedan was conceived in Germany and is arguably the most visually arresting model in Buick's fleet.



By comparison

BMW 328i sedan

Base price: \$43,000
Reigning Euro-sedan king offers peppy engines and bank vault build quality.

Acura TL

Base price: \$41,400
Redesigned 2012 edition comes fully loaded and is a blast to drive.

Lincoln MKZ

Base price: \$40,000
Distinctive four-door is available with optional AWD and hybrid power.

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Electric Alaska

► Out here, you want to focus on experiencing life, not worry about making it home ► The Chevy Volt makes the perfect playmate



GARRY SOWERBY
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WHEELBASE MEDIA

Most hotel blackout curtains do a reasonable job keeping daylight out when sleep is the goal, but sometimes, it's just not enough.

On this morning, after 12 nights of Alaskan sleep deprivation during the season of the midnight sun, getting into a decent functional mood isn't easy.

It doesn't help that the Starbucks on Anchorage's 5th Ave. messes up my java fix and then toasts a garlic bagel instead of a multi-grain one.

And what about the fact that, as event planners, my wife Lisa Calvi and I have changed hotels 10 times in less than two weeks during an extended business trip to Alaska?

We pack our suitcases and office supplies into the hatchback. This is a normal car, I remind myself, stuffing the last of the suitcases into the cargo area, which is massive with the rear seats folded down.

I head south out of Anchorage toward the Kenai Peninsula. Lisa and I booked a six-hour glacier cruise out of Whittier and have an appointment at the "tunnel" which is the only land connection from the port of Whittier to the rest of the world.

As my brooding levels out, the silent, comfortable ride of Chevrolet's all-new

Volt reminds me that we are indeed running on electricity and will be for about 50 kilometres.

It doesn't matter that we're driving about 300 kilometres that day. Once the battery runs down, an onboard four-cylinder gasoline-powered generator will kick in and extend our range for another 500 or so kilometres. Sure we might consume a little fossil fuel, but there is no pesky "my-battery-is-running-low-range-anxiety" with the Volt.

The idea of leaving home for a weekend road trip with an electric vehicle is normally a dicey proposition, unless the plan doesn't involve much driving, because range is short and charging takes a long time ... if you can find somewhere to charge.

That makes the Chevy Volt a compelling alternative. It's an electric car that doesn't need a back-up vehicle beside it in the driveway.

From Whittier, the cruise through Prince William Sound is a spellbinding affair that stops briefly at a remote fish hatchery where salmon are jumping, rafts of sea otters are frisking and bald eagles swooping. It's like an advertisement for animal heaven.

Back in Whittier, I power up the Volt. The battery charge is depleted but the four-cylinder gasoline generator engine keeps the charge between 20 and 29 per cent so we're not concerned about anything but

making the tunnel appointment time to get us back to the main road.

The Volt's is not a fad car or something that has to be babied or fussed over.

Plug it into a 110-volt power supply overnight or a 220-volt outlet for a few hours and it's ready to fulfill most commuting requirements.



RELIEVE YOUR FAVOURITE CANADIAN ROAD TRIP FOR A CHANCE TO WIN \$1,000 OF SHELL FUEL.

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► The Volt is an electric car that you don't always have to charge up.



► Alaska is a delight for nature lovers and people who covet the outdoors. This dovetails nicely with the Volt's large storage capacity to pack along plenty of gear.

Top Gear

ALL PHOTOS COURTESY OF WHEELBASE



1



3

4

1 If you think that using a cardboard windshield shade is sufficient to keep the heat out, the simple fact is that the heat already got into the car. To keep it cool inside and the heat outside, check out the Cool Cap by Reflectionite. Because it securely attaches on the outside, the company claims that the reflective material will significantly reduce the amount of heat entering the interior. itscoolinhere.com.

2 Many youngsters grew up with toy construction vehicles. Hey, who didn't have a Tonka truck or front-end loader? The name Tonka means "great" or "big," and is derived from Lake Minnetonka that's near the company's Mound, Minn., headquarters. That tidbit and others are contained in a fascinating new book on the history of this storied toy maker, written by Dennis David (who worked at Tonka for 30 years and retired as vice president of manufacturing) and Lloyd Laumann. qbooks.com.

3 Are you a huge Nascar fan? Then why not embrace the passion with an equally huge poster of your favourite driver from Fathead of Livonia, Mich. And by huge we mean about 45 x 78 inches. The company carries a wide variety of colour posters featuring such stars as Jeff Gordon, Kyle Busch, Jimmie Johnson, Tony Stewart, Dale Earnhardt (Senior and Junior), to name just a few. fathead.com.

4 Travelling usually requires carrying lots of stuff, including your cell phone, iPad-type tablet, sunglasses, passport, water bottle and so on. Scottevest literally has you covered with its unique sleeveless Travel Vest. This item comes with 22 built-in (and mostly hidden) pockets that keep all your travel gear organized and always close at hand. scottevest.com.

WHEELBASE

A stylish blend of luxury and high-tech

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONWS.CA

Want a family sedan or wagon that prioritizes reliability, sensibility and exceptional fuel mileage? Consider something from Honda, Subaru, Mazda or Toyota.

Want a family sedan or wagon that's big on style, refinement and advanced technology?

Can't afford that BMW or Mercedes? The Volkswagen Passat might be the answer.

The last-generation car featured sedan, wagon or "Comfort Coupe" four-door body styles, two available engines, available All Wheel Drive (AWD) and plenty of high-tech goodies.

2006 to 2011 VW Passat



Engine



VW's two-litre turbo four-cylinder engine with 200 horsepower was standard on all models. The automaker's 3.6-litre, 280-horsepower V6 was also available.

What owners like



For most owners, the looks, refinement, performance and driving experience of the Passat were big draws. A high-quality interior feel, plenty of power with either engine and long list of bells and whistles all earned praise.

What owners dislike



Common complaints include poor gas mileage on V6-equipped models, a stiff ride, and a trunk design that allows water and snow to spill into the cargo area when the trunk is opened.

Common issues

An engine that seems to "misfire" or "hesitate" is likely suffering from bad ignition coil packs, a common VW and Audi problem on older models.

Note that the more complicated 3.6-litre engine suffers from a potential oil-pump bolt defect that could result in engine failure. As such, opt for the two-litre engine wherever possible, and get any extended warranty offered on Passat models powered by the larger engine.

Verdict

Ultimately, the big draws to a last-generation Passat will be the driving experience, styling and relatively affordable blend of luxury and high-tech. Expect to pay a premium in the market for the vehicle, repair costs, fuel and insurance.

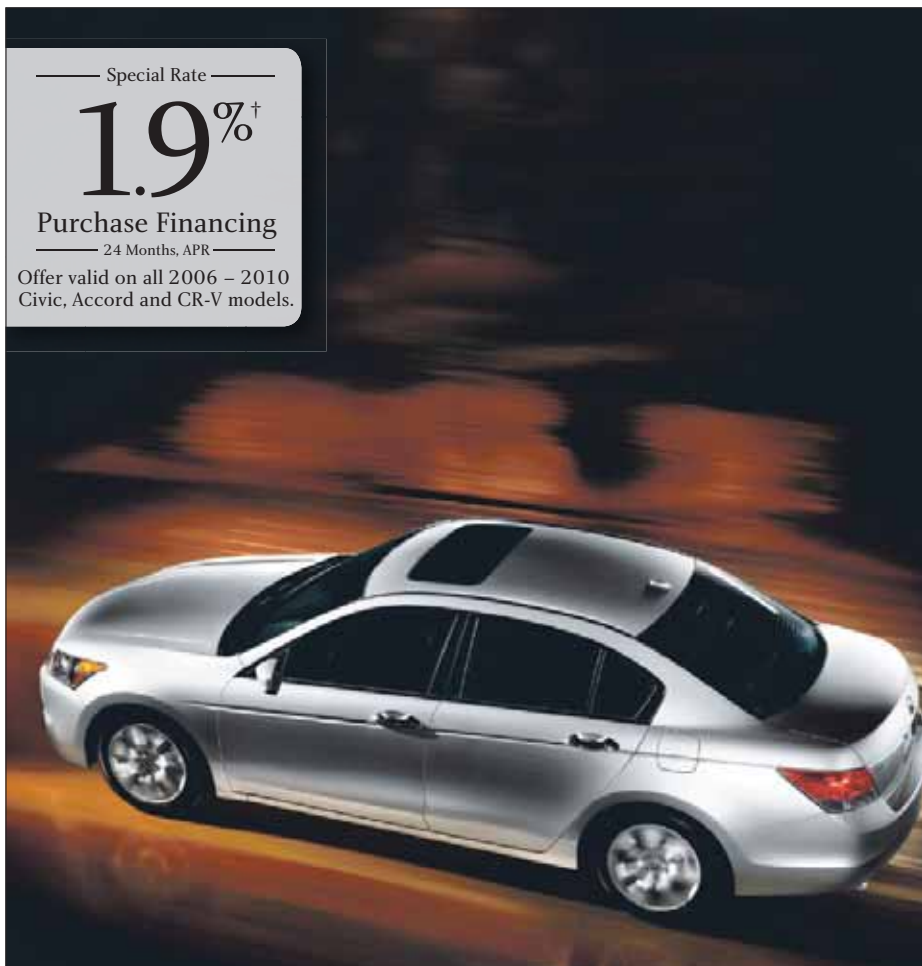
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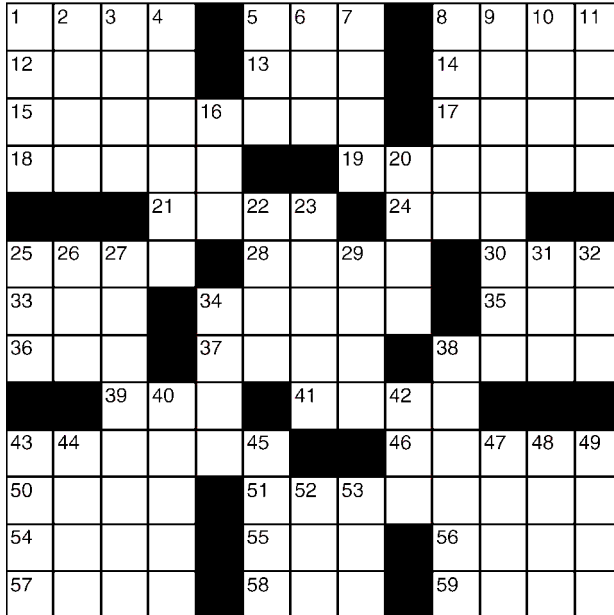
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[†]Limited time financing offer on all Honda Certified Used Vehicles available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.04 for a total obligation of \$10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires August 31, 2011.

Crossword

Across

- 1 Clumsy boats
5 Nourished
8 Casual eatery
12 Place
13 Parisian pal
14 Mimicked
15 Cutout fastened to a garment
17 Raced
18 Argument
19 Wiseacre
21 Emanation
24 Equi-
25 Family
28 Tournament format
30 Pump up the volume
33 Tear
34 Tell's target
35 Bill and —
36 "Uh-huh"
37 Repast
38 Charioteer's prop
39 Intend
41 Mascara site
43 The "Saw" series' genre
46 Hurl
50 Vicinity
51 Book end?
54 Landlord's due
55 Earth (Pref.)
56 24 cans
57 Speck
58 Football position
59 Historic periods-
Down
1 "Oh, woe!"
2 Ready for the picking
3 Retained
4 Muslim sovereign



- 5 Online help page
6 Ostrich's cousin
7 Conks out
8 Houses (Sp.)
9 Come near
10 Yard units
11 Whirlpool
16 Debtor's letters
20 Go for the gold?
22 Lasso
23 Shock (Var.)
25 Weep
26 Brooklyn sch.
27 Obvious
29 Singer Fitzgerald
31 Miss Piggy's pro-

- noun
32 Old man
34 Bullets, e.g.
38 From what place?
40 Angry
42 The girl
43 Injury
44 Sandwich treat
45 Anger
47 Hebrew month
48 Passport endorsement
49 Former spouses
52 Corral
53 Spacecraft compartment

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Chris, I'll like you for ever. I'll love you for always. I'll hate you.. Never! Always remember the post-it. I love you so grr much baby-doll. **QUEEN BUBBA**

Dianne, Your going to make me the happiest guy on earth,when we get Married Aug. 25th in Sunny Jamaica.**LOVE LES**

lo..why are you mad at me? You know you are my life, my heartbeat, my everything. Get back to me. I wanna know how are you doing? You know how restless I get when I don't hear from you. Love you always and forever. Have a lovely day and bee happy:) Sending you all my love, hugs, kiss n prayers. Hon, we are meant for each other. I am sorry, if I said anything wrong. Love YOU.

B LOVER LOOKIN 4 U

Today's horoscope

♈ Aries March 21-April 20 Creative pursuits will go well for you with the Sun moving through the most dynamic area of your chart.
♉ Taurus April 21-May 21 It's time to make those changes on the home front you have been thinking about for ages but have put off.
♊ Gemini May 22-June 21 Being with other people is of tremendous importance to you right now. Socialize a lot.
♋ Cancer June 22-July 22 After the sacrifices you've made recently, you deserve a reward. Splurge.

♌ Leo July 23-Aug. 23 Focus on your top aim with no distractions and no self-doubts.
♍ Virgo Aug. 24-Sept. 22 Put aside some time to think about the direction in which your life is moving. A major shift may be needed.
♎ Libra Sept. 23-Oct. 23 Over the next few days, you will draw closer to a group of people who in some way inspire you.
♏ Scorpio Oct. 24-Nov. 22 You are remarkably resilient and that's good because you are about to face a series of challenges.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 You need to be a bit more forceful in putting forward your ideas.
♑ Capricorn Dec. 22-Jan. 20 If you are offered some kind of deal today, learn everything about it before agreeing to sign on.
♒ Aquarius Jan. 21-Feb. 18 If you are wise, you will let work colleagues make decisions for you over the next 24 hours.
♓ Pisces Feb. 19-March 20 Stop wasting time and energy on vague and meaningless daydreams.
● SALLY BROMPTON

Caption contest



WIN! You write it!

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